

WHAT IS CLAIMED IS:

1. A method for extracting water from laundry articles between a wash cycle and a rinse cycle, said method comprising performing a spin cycle between the wash cycle and the rinse cycle, said spin cycle comprising:
 - a first initial spin;
 - a first rest period after said first initial spin; and
 - a spin subsequent said first rest period lasting until an end of said spin cycle.
2. A method according to Claim 1 further comprising:
 - a second initial spin subsequent the first rest period; and
 - a second rest period subsequent the second initial spin, said spin subsequent said first rest period is subsequent said second rest period.
3. A method according to Claim 2 wherein at least one of said first initial spin and said second initial spin lasts for up to eight seconds.
4. A method according to Claim 2 wherein at least one of said first initial spin and said second initial spin lasts for between six to ten seconds.
5. A method according to Claim 2 wherein at least one of said first initial spin and said second initial spin lasts for at least eight seconds.
6. A method according to Claim 2 wherein at least one of said first rest period and said second rest period lasts for up to twelve seconds.
7. A method according to Claim 2 wherein at least one of said first rest period and said second rest period lasts for between ten to fourteen seconds.
8. A method according to Claim 2 wherein at least one of said first rest period and said second rest period lasts for at least twelve seconds.

9. A method according to Claim 1 wherein said first initial spin lasts for between 6-10 seconds and said first rest period lasts for between 10 and 14 seconds.

10. A washing machine comprising:

a basket;

a motor providing motion for said basket; and

a controller operatively coupled to said motor for controlling said motor, said controller configured to perform a spin cycle between a wash cycle and a rinse cycle by starting said motor for a first initial spin, stopping said motor for a first rest period, and starting said motor subsequent the first rest period to spin until the spin cycle ends.

11. A washing machine according to Claim 10 wherein said controller is further configured to start said motor for a second initial spin subsequent the first rest period, stop said motor for a second rest period subsequent the second initial spin, and start said motor subsequent the second rest period to spin until the spin cycle ends.

12. A washing machine according to Claim 11 wherein at least one of the first initial spin and the second initial spin lasts for approximately eight seconds.

13. A washing machine according to Claim 11 wherein at least one of the first rest period and the second rest period last for approximately twelve seconds.

14. A washing machine according to Claim 11 wherein said controller comprises an electronic controller.

15. A washing machine according to Claim 11 wherein said controller comprises an electromechanical controller.

16. A washing machine according to Claim 11 wherein the first and second initial spins are at a first speed and the spin subsequent the second initial spin is at a second speed which is faster than the first speed.

17. A control system for a washing machine, the washing machine including a basket and a motor coupled to the basket to provide agitation in the basket, said control system configured to perform a spin cycle between a wash cycle and a rinse cycle by starting

the motor for a first initial spin, stopping said motor for a first rest period, and starting the motor subsequent the first rest period to spin until the spin cycle ends.

18. A control system according to Claim 17 further configured to start the motor for a second initial spin subsequent the first rest period, stop motor for a second rest period subsequent the second initial spin, and starting the motor subsequent the second rest period to spin until the spin cycle ends.

19. A control system according to Claim 18 wherein at least one of the first initial spin and the second initial spin lasts for at least eight seconds.

20. A control system according to Claim 18 wherein at least one of the first rest period and the second rest period last for at least twelve seconds.